

POSTURE – RIGHT HAND BOW HOLD			
Fingers	Position - where it goes	Action - what to do	It feels like
1. THUMB	→ Holding between the END OF FROG and the LEATHER .	1. Thumb is BENT like a 'hook' and touching lightly the stick on its tip - never stiff or squashing hard. 2. Making a circle with middle finger moving the bow.	→ BENT LIKE A 'HOOK' → MAKING A CIRCLE WITH MIDDLE → MOVING THE BOW WITH A 'LIGHT' TOUCH
2. INDEX	→ Resting its second joint on ' SILVER PART '.	1. Keeping STRAIGHT BOW and also LEANING (making pressure) on the stick. 2. Feels like the whole right-hand rests on it.	→ PRESSING DOWN → LEANING WITH ALL HAND PRESSURE ON STICK
3. MIDDLE	→ Resting on its first joint, OPPOSITE the THUMB and TOUCHING its NAIL (key!).	1. MAKING CIRCLE with thumb moving the bow. 2. Every change of pressure goes through it.	→ MOVING THE BOW TOGETHER WITH THUMB → AWARENESS AS 'CENTER POINT' OF HOLDING
4. THIRD	→ Resting on its FIRST JOINT , on the FROG → Helping to change bow at the heel.	1. Middle and third fingers are both holding the bow deep - ' DEEP FINGERS HOLD ' between their 1st and 2nd joint.	→ HOLDING IT 'DEEP' ON FROG NEXT TO MIDDLE → FEELING 'ACTIVE' AT THE HEEL ON BOW CHANGE
5. LITTLE	→ BENT , touching on its tip the top of the stick.	1. Little finger is BENT in its first joint and always providing the BALANCE .	→ BENT IN FIRST JOINT → DEVELOPING FLEXIBILITY IN FIRST JOINT → PROVIDING BOW BALANCE AT ALL TIMES
BOW STICK 'RESTING' ON INSIDE FINGERS FIRST JOINT ('DEEP FINGERS' HOLD)			

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. SQUEEZE WITH THUMB	1. BEND IT / PLACE THUMB TIP ON BOW STICK
2. SQUEEZE LIKE A HOOK	2. LEAN ON / REST THE HAND'S WEIGHT ON IT
3. LOSE SENSE OF CIRCLE WITH THUMB	3. SENSE IT AS 'CENTRAL HOLDING POINT'
4. HOLD WITH 'SHALLOW' FINGER	4. PLACE FINGER HOLDING 'DEEP' WITH 1 st JOINT
5. KEEP IT STRAIGHT or OFF STICK	5. ALWAYS TOUCH ON TIP / KEEP IT ROUND

HAVE YOU LEARNED IT	ACTION WORDS / TASK	
1. THUMB	1. BEND IT LIKE A HOOK 2. PLACE IT ON ITS TIP OPOSITE MIDDLE 3. DON'T SQUEEZE	→ MOVE BOW WITH A LIGHT TOUCH
2. INDEX	1. LEAN ON SECOND JOINT 2. REST ALL ARM WEIGHT ON IT 3. LEAD BOW STRAIGHT	→ PRESS DOWN ON STICK
3. MIDDLE	1. DO A CIRCLE WITH THUMB 2. CONSIDER IT A 'CENTER POINT' OF HOLD	→ ALLOW 'THROUGH' EVERY CHANGE OF PRESSURE
4. THIRD	1. PLACE ON FROG WITH 'DEEP' CONTACT 2. HELP BOW CHANGING AT THE HEEL	→ FEEL THE EXTRA BOW CONTROL ON CHANGING AT THE HEEL
5. LITTLE	1. BEND IT & 'FEEL' IT FLEXIBLE 2. CONTROL THE BOW WEIGHT 3. PLACE IT ROUND ON ITS TIP	→ BALANCE THE BOW WEIGHT AT ALL TIMES

REMEMBER
THE DETAIL
THE ACTION
THE FEELING